

BENEFIT:

The Resource Center



Your one-stop shop for health resources you can trust.

When you’re shopping, having one location where you can find nearly everything on your list makes life so much easier. It’s the same with searching for health info online. Sure, there’s plenty of info out there. But being able to find the info you need (and trust) in one place makes improving your well-being simpler.

With this in mind, think of the Healthy Lifestyles Resource Center as your personal (no-charge) superstore. Fellow member Sam has already learned how to use the searchable database of articles, videos and audio clips to improve his well-being:

“The Resource Center has actually become a go-to for me. When I first checked it out, I was surprised how much info there was. I can watch fitness videos, get nutrition tips and even find ways to beat a headache or avoid allergy triggers. And I like that it suggests articles for me to read based on my focus areas, making it that much more personal.”

Log in to Healthy Lifestyles

Not a Healthy Lifestyles member yet? [Click here](#) for sign up instructions.

Remember, Healthy Lifestyles is available to all State of New Hampshire employees, spouses and their adult dependents. Forward this email to them, too!

Get rewarded!

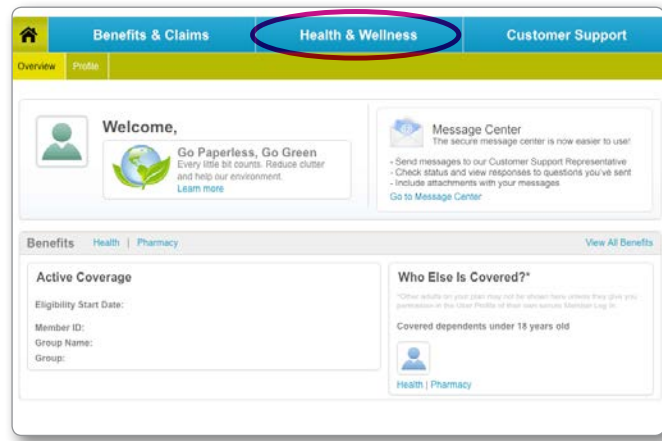
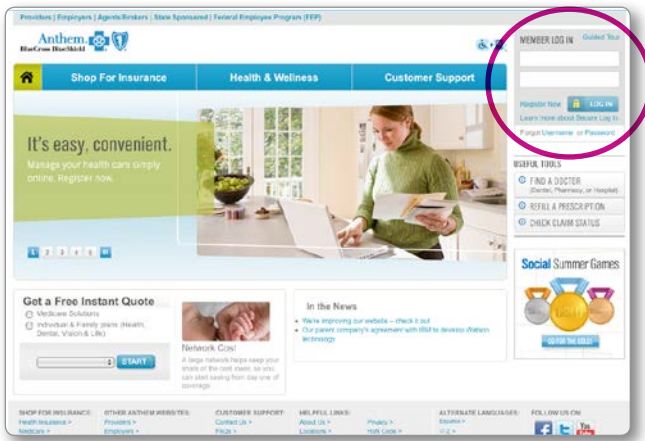
- ▶ Earn **10 points** a day when you read an article or watch a video.
- ▶ Earn **5 points** a day for writing in your journal.

And the rewards keep growing from here. These activities help you make progress in your focus area and move from one stage to another... which earns you 500 more points.





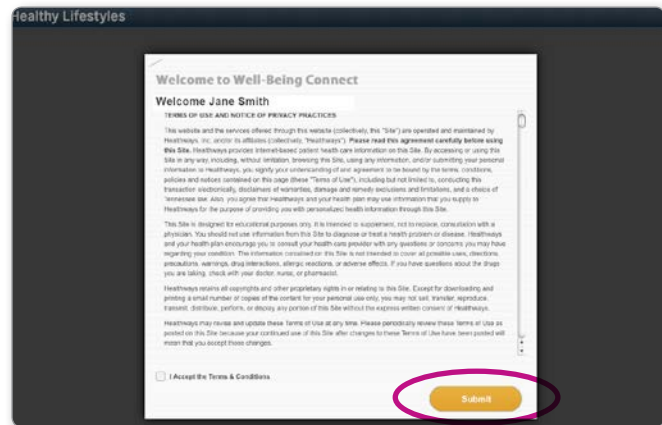
How to sign up for Healthy Lifestyles



1. Go to **anthem.com** and log in using your Anthem username and password.

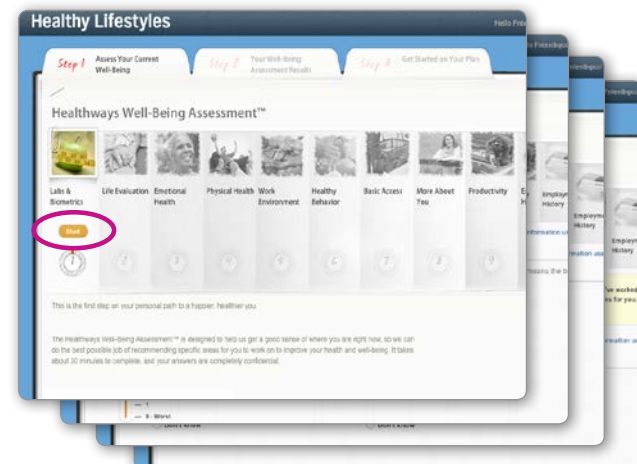
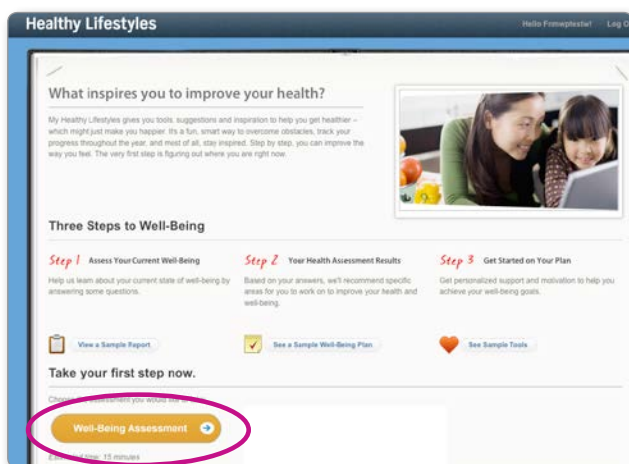
2. Select the **Health & Wellness** tab.

If this is your first visit to anthem.com, select **Register** to complete the registration screens. Once you've registered, log in to get started.



3. To access Healthy Lifestyles, select **Get started >** under the Healthy Lifestyles section.

4. Accept the Healthy Lifestyles terms and conditions and click **Submit**. Congratulations, you're registered!

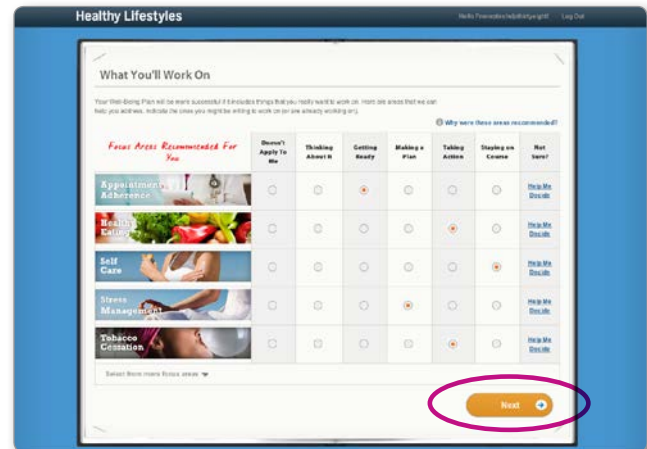


5. Select **Well-Being Assessment** (this is your Health Assessment Tool or HAT) to get a complete picture of your current health and what it will take to improve it.

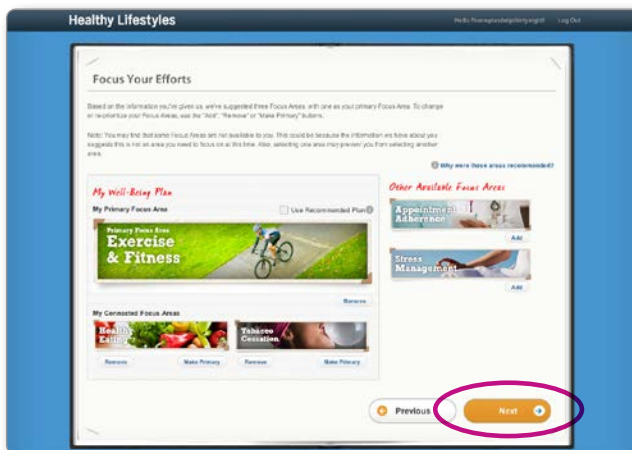
6. Select **Start** and answer the questions on the following screens.



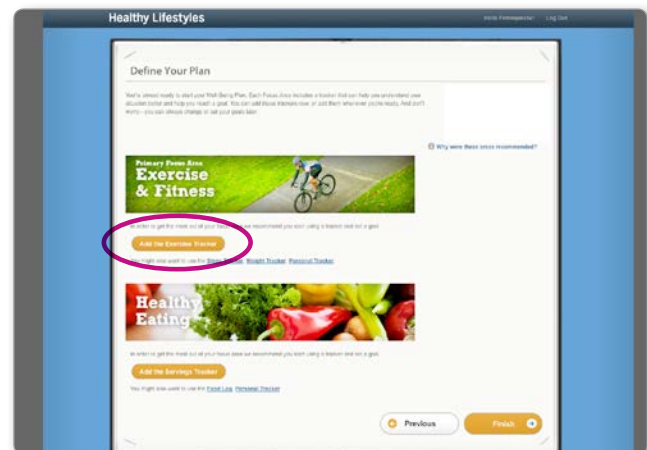
- Click **View Full Report** or download a PDF or view your results. Congratulations, you have completed your HAT! After you've reviewed your results, select **Create Your Well-Being Plan** to personalize your Healthy Lifestyles program.



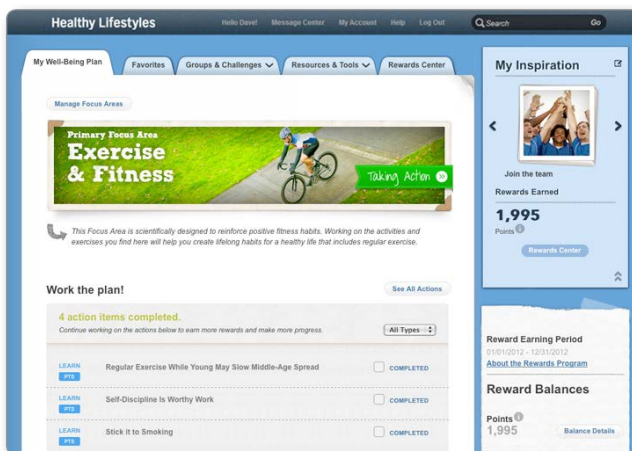
- Healthy Lifestyles will show you the areas that the program can help you address. Use the radio buttons to indicate your interest in working on each area and click **Next**.



- Based on the information you've provided, Healthy Lifestyles will recommend a primary focus area and two connected focus areas. Use the recommended focus areas or swap them out with others. Click **Next** to continue.



- You can choose to add the trackers that support your focus areas here, or you can add them at a later time. After you have chosen your trackers, click **Finish** to complete your Well-Being Plan setup.



- Congratulations! You are now ready to start using your well-being plan, trackers and all of the online resources and tools that Healthy Lifestyles has to offer.

If you have questions about registration or program details, contact the customer service line listed on the back of your Anthem ID card at 1-800-933-8415 Monday -Thursday 8 AM-8 PM, Friday 8 AM-5 PM or email StateofNH@anthem.com.